

PSA Radio Scripts for Mental Health

In times when travel and communication are difficult or limited, radio can be a great way to get a positive message out to the public about taking care of their mental health. We have crafted the messages below to share with your community. For questions concerning public relations or media, please reach out to aobrien@afsp.org

30 seconds

The American Foundation for Suicide Prevention reminds you to care for your mental health in the face of uncertainty:

1. Focus on what is in your control, versus what is not
2. Do what helps you feel a sense of safety.
3. Remind yourself to stay in the present.
4. Stay connected with others.

You can reach the Crisis Text Line by texting TALK to 741741 or call the National Suicide Prevention Lifeline at 1-800-273-TALK.

We are in this together, and help is always available.

EN ESPAÑOL

LA FUNDACION AMERICANA PARA LA PREVENCION DEL SUICIDIO LE RECUERDA CUIDAR DE SU SALUD MENTAL DURANTE LOS MOMENTOS DE INCERTIDUMBRE:

1. ENFOQUESE EN LO QUE PUEDE CONTROLAR, EN VEZ DE EN LO QUE NO.
2. HAGA LO QUE LE AYUDE A SENTIRSE SEGURO.
3. RECUERDE MANTENERSE EN EL PRESENTE.
4. MANTENGASE CONECTADO A OTROS.

USTED PUEDE ACCESAR LA LINEA DE CRISIS ENVIANDO LA PALABRA "TALK" AL 741741, O LLAME A LA LINEA DE PREVENCION DE SUICIDIO AL 1-800-273-TALK.
TODOS ESTAMOS JUNTOS EN ESTO, Y LA AYUDA SIEMPRE ESTA DISPONIBLE.

15 seconds

The American Foundation for Suicide Prevention offers these tips:

1. Focus on what is in your control.
2. Do what helps you feel safe.
3. Stay in the present, and
4. connect with others.

If you need help right now, text TALK to 741741 for the Crisis Text Line

